

Psychiatric Nursing 2025
Unit 6 Online Assignment
Eating Disorders

Chapter Objectives:

1. Identify differences among several eating disorders. (1, 7)*
2. Discuss epidemiology of eating disorders. (1, 3)*
3. Describe symptomatology associated with anorexia nervosa, bulimia nervosa and binge eating disorder and use the information in patient assessment. (1, 2)*
4. Identify predisposing factors in the development of eating disorders. (2, 3)*
5. Formulate nursing diagnoses and outcomes of care of patient with eating disorders. (2, 4, 5)*
6. Describe appropriate interventions for behaviors associated with eating disorders. (1, 2, 3, 4)*
7. Identify topics for patient and family teaching relevant to eating disorders. (1, 2, 3, 4)*
8. Evaluate the nursing care of patients with eating disorders. (1, 2, 3, 4)*
9. Discuss various modalities relevant to treatment of eating disorders. (1, 2)*

*Course Objectives

Please read the assigned article along with the Davis Textbook Chapter 21. Answer the following questions and submit to the Unit 6 Online Assignment Drop Box by 6/30/25 at 0800. ***This assignment has a minimum word count of 750 words.***

This assignment is worth 0.75 hour of online content. In order to receive full credit for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed theory time and must be made up

1. Provide a brief summary of your perceptions, biases and or understanding of eating disorders? —From my understanding and perception of eating disorders is that view them as more of mental illness than I do as it being just someone who doesn't eat because of their body image. Or someone who does eat because they find comfort in the food they consume. Eating disorders to me I think are triggered by some type of trauma, tissue could be a significant loss of a loved one so someone looks to food for comfort. Anorexia on the other hand could form from the deep need for a person to be accepted or feel healthy with the weight they are loosing. A bias that I carry is that eating disorders come from a previous trauma in someones life, like I had mention before. I do not believe that people are just born with eating disorders.
2. Define anorexia nervosa and bulimia nervosa in your own words. —Anorexia is when someone weighs a very low amount that is considered unhealthy. They get to this very low weight either because of a possible medication they're on causing weight loss like chemo. Or the person is actively seeking to lose weight by not eating an appropriate amount each day. Bulimia is a condition were an individual has almost compulsion behavior of throwing up their food after they had just eaten. I believe this behavior goes

hand in hand with anorexia at times, the goal between these two for the individual is to maintain a very low weight. Bulimia can lead to anorexia, because of the consistent need to throw up the food and nutrition that you had just eaten. Both of these disorders I believe can be life threatening because our bodies need the fuel and nutrients everyday in order to sustain a healthy life.

3. List the clinical signs of anorexia nervosa, bulimia nervosa, and binge-eating disorder. Provide a summary of the differences between the three disorders. —The clinical manifestations of anorexia include gross distortion of body image, preoccupied with food, and refusal to eat. Bulimia is characterized by possible erosion of tooth enamel, tears in GI or esophagus, calluses on knuckles, and possible skill of inducing vomiting without lodging fingers in their throat. Binge eating disorder is shown with symptoms of substantial weight gain, rapid eating, and over eating that brings the feeling of uncomfot as well as guilt or depression. In summary anorexia is the intention action of not consuming foods and way less calories needed for healthy weight gain. Bulimia is purposely vomiting up the food you have eaten as a compulsion. Binge eating is the complete opposite of anorexia in the since of over eating the amount of calories needed in one day than under eating them.
4. According to the article, what are the different treatment modalities for the three disorders listed above? Compare this to the treatment modalities identified in the textbook (summarize the differences and similarities). —Different treatment plans for these disorders according to the article include, CBT which will reframe those negative thoughts about eating into more positive thoughts. For anorexia family based therapies are more often recommended due to the higher outcomes for patients when their family is involved. SSRI's have been given despite strong evidence of these medications being effective. For binge eating disorders, a medication called Lisdexamfetamine had been approved to decrease binge eating episodes. Now, according to the book, it mentions SSRI's as well but those appear to only show effective in bulimia and not anorexia. The book also mentions how high doses of SSRI's are shown effective in binge eating disorders because of the weight loss potential. The book goes in as well about the positives regarding family therapy for anorexia and bulimia, a better support system has shown greater outcomes so the book and the article have this in common.
5. How have your perceptions regarding eating disorders changed after reading the article and textbook? Provide specific examples. —After reading the article I understand better how important early treatment is for theses individuals. Obtaining that initial treatment and therapy can create a more positive outcome for the patient. The article mentions the importance of physicians detecting early abnormal eating habits or weight gain/loss in adolescence upon assessments. This changes my view about eating disorders because to

me I felt these disorders often go unnoticed or the person experiencing them often hide it. As simple as asking someone how their appetite has been lately and try to help them open up more about these changes can lead to a productive conversation of what are really experiencing with their eating.

6. How has reading this article helped you better understand the initial evaluation, treatment, and diagnosis of anorexia nervosa, bulimia nervosa, and binge-eating disorder from the nurse's perspective? Provide specific examples. —From a nurses prospective I feel that these disorders are the reason the thorough assessments each day are important. Obtaining those daily weights and reviewing the lab draws of their medications can significantly affect their overall outcome. Nurses job can be finding the simple things missed my the physician that creates a better picture for the weight gain/loss for the patient. As simple as checking in on their support system they receive in the hospital or at home can make a big difference. As the book and article mentioned, the support of family can determine the outcome of each patient. To start by understanding all of these dynamics can affect the patient or promote good health would be something for the nurses to keep an eye on. This diagnosis should be monitored very close because of the high mortality rate if not treated on time, our bodies can only go without food for so long. For binge eating, addressing these habits early to the patient can prevent later in life complications that could affect their ability to remain independent as they grow older. Being honest and nonjudgemental is so important for every nurse to be. As well as just being a good listen towards theses patients and hearing those cries for help with their eating disorders.